

Being Involved and Making a Difference

As an individual, you can become involved and make a difference. One way to do this is to volunteer in your community. Another important way to make your voice heard and make a difference is to vote. As you read the newspaper or the news online and become aware of issues that affect you, you can also read about candidates who are running for office and what they stand for.

You can also find out the names of your representatives in the House of Delegates and the Senate by clicking on to the Virginia General Assembly website. (That web address is: <http://legis.state.va.us/>) Through the General Assembly website, you can find information about the Delegates and Senators, including contact information. As a citizen of the Commonwealth, you can contact your legislative representatives to express an opinion on legislation that is before the General Assembly.

For example, you can contact your Delegate or Senator by phone. When the General Assembly is in session, the Commonwealth operates a toll-free, intrastate telephone message center that accepts calls from Virginia citizens who wish to express an opinion on legislation. If the General Assembly is not in session, you may call the House of Delegates Legislative Information Office at 804-698-1500 and the Senate Legislative Information Office at 804-698-7410.

You can also contact your legislative representative by mail. When the General Assembly is in session, Delegates and Senators receive mail at their offices in the General Assembly Building in Richmond. Delegates and Senators receive mail at their district offices when the General Assembly is not in session.

To learn more, go to the General Assembly website at: <http://legis.state.va.us/>